

Lead Poisoning Prevention

California Poison Control System

Did you know?

- Lead hurts the brain and body—making it hard to think, pay attention, and behave.
- Some health problems caused by lead cannot be reversed or cured.
- A child can have lead poisoning and not look or act sick.
- Children younger than 3 years old are at greater risk for lead poisoning.

Call California Poison Control at **1-800-222-1222**,

if you or someone else touches, tastes, breathes, or swallows something that could be harmful.



**Don't Guess.
Be Sure.**

Take Action

1. Talk to your child's doctor to learn more about lead testing. Optimally, young children should receive a lead screening at age one and two. Screen children with identified risk factors at any age.
2. In houses built before 1978, keep old painted surfaces intact—they likely contain lead.
3. Clean your home by wet-mopping floors and wet-wiping windowsills. Vacuum, dust, and wash surfaces often—soil and dust spread lead.
6. Change work clothes before entering your home. Painting, remodeling, and auto repair work may result in lead exposure.



4. Give kids' toys a bath—they can collect dust and dirt that often contain lead.
5. Children and pregnant women should avoid eating certain spices made in other countries. Some imported products may contain lead. Check product **recalls and safety alerts** to stay safe.
7. Wash hands often and make sure children's play jewelry, which can contain lead, stays out of kids mouths.
8. Home fix-up projects that expose old painted surfaces can create toxic dust. Practice lead-safe work practices by preventing dust from entering living areas, and if possible, hire a lead-certified contractor.
9. Eat foods with calcium, iron, and Vitamin C to help the body absorb less lead.



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Text TIPS to 20121 for poison safety information in English. Text PUNTOS for Spanish.